

September 2021



Newsletter

Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240



Clark County Final Affairs

A Guide to Arranging Your
Personal and Legal Affairs

EVENT TOPICS

Funeral Planning

Legal Affairs

Financial Matters

Power-of-Attorney

Final Affairs Guide

Elder Benefits

BY MAIL IN 2021!!!!

PROGRAM BENEFITS

- Obtain knowledge of end-of-life issues.
- Learn communication skills to use with family members and health care providers.
- Obtain valuable information and practical advice from local professionals.
- Clarify misconceptions surrounding end-of-life.
- Connect with community resources.

REGISTRATION

This is a no-cost by mail event. Call into the office to request your packet of Final Affairs information mailed to you!

Contact the Aging and Disability Resource
Center
Of Clark County
(715) 743-5166
or
1-866-743-5144



ADRC of Clark County Annual Caregiver Conference
is back!

September 28, 2021 at the Greenwood Catholic
School.

Please call the ADRC off to register (715)743-5166.

No charge for family caregivers and volunteers working with
those who have dementia.

Falls Prevention – What do your eyes have to do with it?



Dr. Mathew Mergenthaler

There are many things that contribute to falls: new or unfamiliar surroundings, improper footwear, distractions while walking, and more. According to the *U.S. Centers for Disease Control and Prevention*: falls, with or without injury, may greatly affect the quality of your life. A growing number of older adults fear falling and, as a result, limit their activities and social engagements which contributes to decreased independence.

- 1 in 3 adults aged 65+ falls each year
- Every 13 seconds, an older adult is treated in the emergency room for a fall
- Falls contribute to 734,000 hospitalizations and more than 21,700 deaths per year

Having an eye disease or undetected eye condition may also increase your potential for falls. People with vision loss are almost twice as likely to experience multiple falls as those with normal vision.

There are several eye conditions that can affect your perception of the world around you:

- **Cataracts** – *discoloration of the lens in your eye(s)* - can make your surroundings less bright, create a haze or halo effect around lights, and make your vision blurry. Referrals are made to a cataract surgeon for removal of the cataracts.
- **Age-Related Macular Degeneration (ARMD)** – *a loss of cell function in your macula* - can blur or distort your central vision and make straight lines appear to be curvy or wavy; if severe - treatment by a retinal specialist may be required.
- **Glaucoma** – *progressive degeneration of the optic nerve* can create “tunnel vision”- limiting your peripheral vision and, if left untreated, can cause irreversible vision loss. Treatment options are available.
- **Diabetes** – uncontrolled diabetes can cause blurred, fluctuating vision and sometimes may cause bleeding inside the eye called **Diabetic Retinopathy** - which often times requires treatment with a retinal specialist and careful management with your internist or general doctor

Falling does not have to be an inevitable part of aging. Through practical lifestyle adjustments, yearly comprehensive eye exams, and education on what you can do to prevent falls, the number of falls among seniors can be reduced substantially.

Preserve your vision and your quality of life. Schedule a dilated comprehensive eye exam and find out what you can do to optimize your vision, maintain good eye health, and help keep you fall free.

Dr. Mathew Mergenthaler is an Optometrist at HealthView Eye Care Center Medford & Colby.
He can be reached at 715.748.2020 or 715.223.4003

Wisconsin has 580,000 family caregivers across the state

Are you one of them?



Get access to **FREE** online educational resources to help caregivers:

- Develop essential skills
- Learn about health issues
- Manage care for loved ones
- Take care of yourself

Register at wisconsincaregiver.org



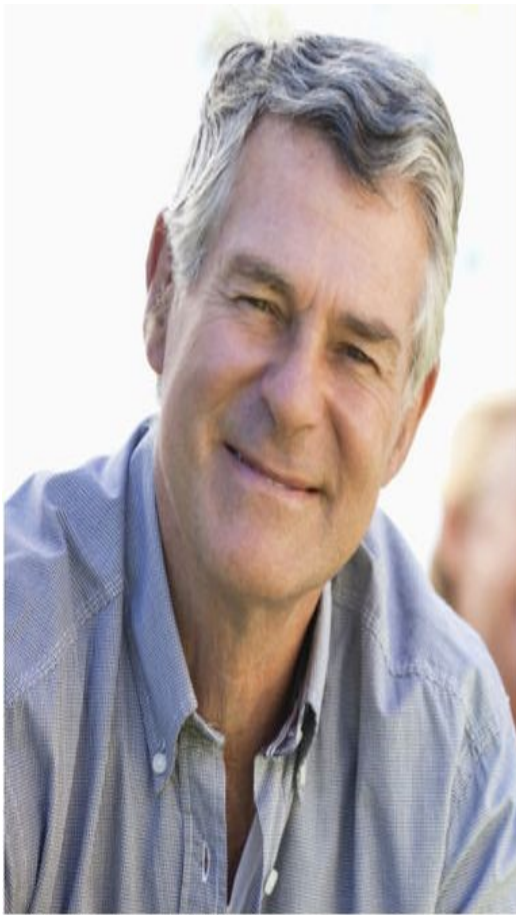
WISCONSIN DEPARTMENT
of HEALTH SERVICES



Greater Wisconsin
Agency on Aging Resources, Inc.



Wisconsin
Family and Caregiver
Support Alliance



Are you vaccinated against COVID-19?

It's safe and effective.
Protect yourself, your family
and your community.

Please get vaccinated!



ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet call for further details [715-743-5166](tel:715-743-5166)

We are also accepting donations of unused/unopened incontinence garments and gently used adaptive equipment.

Driving Retirement

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means your loved one is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, **Driving Retirement** is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers and the ADRC of Clark County. Find details about how to utilize them.

Make a list of the person's transportation needs and alternative ways to meet those needs. In addition to public transportation options they might be able to order things through the mail, use a delivery service, walk, bike or ask family or friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them make an online order or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- Abrupt lane changes, braking or accelerating
- Confusion at exits or turns
- Delayed responses to unexpected situations

Lack of attention to traffic signs or pedestrians
Increased agitation or irritation while driving
Vehicle crashes or near misses

There is usually not a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine the balance between a person’s desire to drive with the need for safety.

When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.

Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the Driving Retirement Brochure & Workbook and other resources found at ADRC of Clark County, or online at gwaar.org/transportation to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources



**Check us out on our new Facebook
page for updates, tips and more
information provided especially for
you.**

**Aging & Disability Resource Center
of Clark County**

Clark County Sheriff's Office

Scott A. Haines
Sheriff



James A. Hirsch
Chief Deputy

517 Court Street-Room 308, Neillsville, WI 54456

Phone: 1-800-743-2420 or 715-743-5278

Confidential Tip Line: 888-847-2576 (TIP-CLSO)

Fax: 715-743-4350

The Clark County Sheriff Office receives calls daily in regards to scams or fraud cases and the cases/suspects/scammers are becoming more creative. So creative and realistic that it is hard to determine what is true. Thanks to the quick thinking of Deputy Brian Rennie, the scammer got scammed in this case!

On September 23, 2021, Deputy Rennie responded to a fraud complaint where the complainant received a call from a scammer reporting the complainant's son was involved in a traffic crash in Eau Claire and needed money because he was in trouble.

The unknown scammer identified himself as the complainant's son, by using his/her son's actual name. The scammer told the complainant that he might sound a little different because he hit the steering during the accident and had stitches in his mouth. The scammer claimed he been involved in a traffic crash, and needed money to bond out from the jail. The scammer said the \$5000.00 was needed in cash to post the bond and explained he (Son) was arrested for Operating While Intoxicated. The Scammer, posing as the complainant's son, explained it was just cough syrup, and he hadn't been drinking.

We all want to help our family members and the scammer knows that. The scammer had specific directions for the complainant to follow. One specific step was to place the money in a UPS envelope and not to tell the UPS employee it was cash, because they (UPS employee) may steal it. The complainant went to his/her bank, obtained a loan for \$5000.00 in cash, stopped UPS drop off, obtaining a mailing envelope, placing the \$5000.00 in cash, sealing the envelope and setting up delivery.

The complainant was contacted, and the scammer stated he had received the package and would get back to him/her with an update.

Deputy Rennie asked the complainant for a copy of the tracking number and checked with the UPS tracking system, it showed the package was still in transit and in Chicago, IL. It was still scheduled for delivery.

Deputy Rennie called UPS, working my way through employees until reaching security section, where Deputy Rennie learned we could intercept the package, and for a fee of \$24.95 have the package, stopped, change the address, or have the package returned to sender. The catch was the

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transaction needing to be processed at the UPS location it was mailed from. I did not know we could stop a UPS package until Deputy Rennie told me about this case.

Deputy Rennie and the complainant briefed the UPS staff what had happen, and contacted UPS agent Deputy Rennie had been working with. The good news is the package was stopped in Chicago, and was returned to complainants residence.

Unfortunately, not all the cases work out as this one did. Identity theft/fraud scam cases are on the rise and costing you, your hard earned dollars and draining saving accounts. Mailbox theft, documents that are discarded in the trash with personal information, email accounts, social media and cell phones are tactics scammer's/thieves use to trick you. I personally receive an email on a regular basis claiming that my PayPal account has been hacked. Not true! Do not fall for email address where they want personal information. They also like to use pressure tactics or stressful family emergencies as a ploy. Never send cash in the mail.

In closing, be a detective yourself. Ask them questions; obtain their phone number, their physical address and their full business name and their email address. In the example above, ask questions about your family member that only close family members would have the answers to. Always report the scam/scammers to local Law Enforcement or Postal Inspection Service 877-876-2455. Please be safe and take care of your family and friends.

Sheriff Scott Haines



Thorp Memory Café; is back not virtual, or in person, but in PRINT.

September will be a time of challenges. Take a walk and enjoys the challenges with the information below

Just read *The Lost Art pf Reading Nature* by Tristan Gooley!; I as many of you grew up in the country with all forms of nature around me; birds, bees, tree, clouds, flowers, weeds, crops; all were our everyday sights. The book brought back many memories and some new challenges.

Remember the times we would lie on the grass and look at the clouds, see images in the clouds. After reading the chapter on clouds and challenged myself to observe the movement not just the images. Cloud types in this range include the cirrostratus, cirrus, and cirrocumulus. These clouds tend to stretch over long areas when they form. Cirrus clouds are wispy and often look feather-like. Meteorologists use these clouds as indicators of warm fronts moving through an area. Cirrostratus clouds look like a ribbed blanket or veil covering the sky. These clouds are known for creating a ring around the Sun or Moon when they lie in front of it. Their ice crystals refract light very well. Cirrocumulus clouds usually form in layers with a lumpy or bumpy look. They often look like pieces of cotton tossed high in the sky but sometimes can form as large bumpy sheets.

Challenge one: on your next walk study the clouds and try to forecast weather and how many images can you find?

Next challenge is to listen to the birds, they can tell us the drama in our neighborhood or time of day. We generally hear the bird songs that are associated with typical purposes; establishing territory, advertising food source, or scaring off intruders. Scaring off intruders serves several purposes, not only the birds in the area alerted, but so are the animals in gardens and forests. For example the birds nesting on the lower canopy of the trees, alert the upper canopy nesters if there is an intruder on the ground. Animals will do the same to alert the birds of a predator in the area. Most of the alert sounds are similar among the different birds. Out on the deck one later afternoon, just enjoying the fresh air, I heard the wrens, the sound was entertaining and musical; and then there was silence. Where did they all go? Good night and time to roost.

Final challenge: can we use trees as a compass? The answer is yes. Shapes, roots and leaves can determine directions. A tree like many plants depends on the sunlight. In the US our fullest sun is on the southern exposure. Now as we look a tees can we find south? The south side of a tree is generally fuller and the branches tend to grow upward toward the sun; where the north side branches tend to grow outward. Leaves are generally found in two types. Sun or shade leaves. The leaves on the north are larger than those on the south. This is easier to tell on a mature tree. North facing leaves may be darker and thinner than those on the south.

I tested my family using this information on locating south, they already knew the direction south but were surprised how nature confirmed this is trees and leaves. Enjoy the challenges and let ADRC know how your walk and watching has changed via email or by mail. clarkadrc@co.clark.wi.us

517 Court Street

Room 201

Neillsville, WI 54456

Get Ready for the Medicare Annual Open Enrollment Period

By the GWAAR Medicare Outreach Team (For Reprint)

The Medicare annual open enrollment period is just around the corner and now is a good time to start thinking about your options. Do you have a Medicare Prescription Drug (Part D) plan? Each year these plans can change the list of prescription medications they will cover. The plans' premiums, deductibles, and co-pays can also change each year. That means even if you are taking the same medications, the amount you pay for your medications may change in 2022!

What can people do about this? Anyone with a Medicare Part D Plan should check their coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2022. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Clark County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the Clark County ADRC.

Don't let this opportunity pass you by! Go to [Medicare.gov](https://www.medicare.gov) to find and compare plans online or for local assistance call (715) 743-5166.

Assistance is also available through the following resources:

- o 1-800-MEDICARE or www.medicare.gov
- o Medigap helpline 1-800-242-1060
- o Disability Drug Helpline 1-800-926-4862 (if under age 60)

Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Wisconsin Emergency Rental Assistance Program

By the GWAAR Legal Services Team (for reprint)

The Wisconsin Emergency Rental Assistance Program (WERAP) is a program that will assist people of Wisconsin with current or outstanding household bills. These bills include utility or home energy bills and rent payments. So far, the WERAP has provided more than \$38 million to nearly 11,000 households in rental and utility assistance payments.

On July 7, 2021, Governor Tony Evers announced that the cost of internet services will now be included in the program for eligible residents of Wisconsin. Governor Evers noted that the COVID-19 pandemic has “significantly amplified the need for broadband internet for Wisconsin residents,” as of a result of most businesses transferring to virtual services and working from home. Evers further stated that “This additional resource coupled with our recent announcement of broadband access funding across the state should go a long way toward helping folks remain connected, make ends meet, and bounce back from the COVID-19 pandemic.”

To qualify for WERAP, one or more individuals in your household must:

1. Qualify for unemployment or have experienced a reduction in household income, have experienced major costs, or have experienced financial struggles due to the COVID-19 pandemic;
2. Demonstrate a risk of being evicted or losing their homes; and
3. Have a household income at or below 80 percent of the county median income.

WERAP will be funded by \$100 million of federal stimulus funds to provide broadband expansion grants to residents of Wisconsin. Governor Evers has requested an additional \$200 million in state funds in the 2021-23 budget plan. The state budget committee, instead voted to borrow \$125 million for broadband expansion. Governor Evers’ final 2021-23 signed budget provided for \$102,208,500.00 for both years to be used for broadband (internet) services.

To apply for WERAP assistance, contact your local Community Action Agency or Energy Services, Inc. The counties of Brown, Dane, Milwaukee and Waukesha, and the cities of Madison and Milwaukee operate their own emergency rental assistance programs and are not participating in the WERAP program. Brown County residents can contact Newcap, Milwaukee and Waukesha County residents can contact Community Advocates Organization, the city of Milwaukee residents can contact the Social Development Commission. Residents of the city of Madison and Dane County can contact Tenant Resource Center for their rental assistance program services.

Remember – You Can Use FoodShare Benefits Online!

By the GWAAR Legal Services Team (for reprint)

Woodman's Markets is the latest retailer to offer FoodShare members the ability to use their Quest cards online. Currently, you can use your EBT card at the following online retailers:

- ALDI
- Amazon*
- Walmart
- Woodman's Markets

*EBT cardholders are also eligible for Amazon Prime for \$5.99 per month (regularly \$12.99 per month).

As a reminder, FoodShare dollars can only be used to purchase food; delivery fees and other associated charges will not be paid through the Quest card. Also, the use of your EBT card online will still require your unique personal-identification-number (PIN).


More retailers are expected to join this growing list in the next several months.

For updates, visit: <https://www.fns.usda.gov/snap/online-purchasing-pilot>



Incontinence Supplies

For those who may not be able to afford incontinence supplies, the ADRC of Clark County is offering a free incontinence supply bank. You call the ADRC to figure out where you can pick up the incontinence supplies at 715-743-5166.



Wisconsin Estate Recovery Program Handbook Updated

DHS Program Update (for reprint)

The Wisconsin Department of Health Services has updated the Wisconsin Estate Recovery Program Handbook, P-13032. This handbook provides information about the Wisconsin Estate Recovery Program. It includes who and what programs are affected, how the recovery from an estate is made to collect repayment for certain services, and situations where repayment may not be recovered from an estate.

This update is effective as of August 1, 2021.

Changes made in this update include:

- Information about which Medicaid members are subject to estate recovery and will get the handbook;
- Information about what the estate recovery program will not cover, such as trust or non-trust property; and
- Revised list of home and community-based waiver programs that are part of long-term care programs.

You can find the revised handbook here: <https://www.dhs.wisconsin.gov/library/P-13032.htm>

Credit Report Errors are Getting Worse

By the GWAAR Legal Services Team (for reprint)

Consumer Reports is recommending that consumers check their credit reports carefully, as complaints about mistakes on credit reports have increased during the pandemic. In fact, complaints about credit report errors were the most common consumer complaint to the Consumer Financial Protection Bureau (CFPB) in 2020.

Common credit report errors include incorrect addresses or birth dates. Sometimes information from an individual with a similar name or Social Security number can appear in another consumer's credit report. Fraudulent accounts resulting from identity theft can also appear on a credit report. In addition, accounts or loans may still appear to be unpaid even after they have been paid off, loans might be listed multiple times, and debts may be reported incorrectly as being in collections. In addition, some companies have been incorrectly reporting deferrals during the pandemic. The CARES Act, which was passed in March 2020 to provide assistance to those who lost their jobs or income because of the pandemic, requires companies that

provide federally-backed mortgages and student loans to offer deferred payments to borrowers. Other financial companies have also offered deferrals voluntarily. Under the CARES Act, these deferred payments must be reported as current to the credit bureaus if the borrower was current before the deferral. Unfortunately, some companies, including one of the largest student loan servicers, have incorrectly reported these deferred payments as late.

Unfortunately, these errors can prevent someone from being hired for a job or renting an apartment. If someone is applying for a loan, a credit report error can affect the interest rate of the loan or even whether the loan application is approved. Furthermore, cell phone and cable companies may require customers with low credit scores pay larger deposits to sign up for service.

Typically, consumers can request a free credit report once every year from each of the three major credit bureaus at annualcreditreport.com. However, these agencies are providing free weekly online credit reports until April 20, 2022.

If you find a mistake on your credit reports, Consumer Reports suggests the following steps:

- ◆ Prepare dispute materials for each of the three major credit bureaus – Experian, Equifax, and Transunion. Because the credit bureaus do not communicate with each other, you must file a dispute with each one.
- ◆ If you are filing a dispute about debt that was reported incorrectly, gather account statements and payment records. If you do not provide enough evidence, the credit bureau can dismiss your claim.
- ◆ Write a letter explaining the problem. Avoid using the standardized online forms provided by the credit bureaus, as these might not provide a complete explanation of the issue. In addition, if you submit your dispute online, you may waive your right to sue as an individual or in a class action.
- ◆ Send all materials by certified mail and keep copies for yourself. This makes it easier to prove when you mailed these materials and confirm that the credit bureaus are following the required timelines. Credit bureaus have five days to send disputes to the financial institution or debt collector that supplied incorrect information. If that company does not investigate or respond to the dispute in time, the credit bureaus must delete the information.
- ◆ If you lose your dispute, consider contacting an attorney. You can find an attorney through the State Bar of Wisconsin's Lawyer Referral and Information Service at <https://www.wisbar.org/forPublic/INeedaLawyer/Pages/i-need-a-lawyer.aspx>



Medicare Basics

An opportunity to learn about Original Medicare, Medicare Advantage plans, Medigap plans, prescription drug coverage and Medicare Savings plans.

July 15, 2021

October 28, 2021

Clark County Courthouse

Attend in person or via Zoom.

Register by calling 715-743-5166.



Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

What's in it for me? People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

Workshop Dates & Locations

October 19th- November 23rd 2021

Tuesdays, 9:00- 11:30 a.m.

Loyal Community Room

301 N. Main Street

Loyal, WI 54446

To register, call the Aging & Disability Resource Center

Toll Free: 1-866-743-5144 or local 715-743-5166

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs of \$2.7 billion (2009 data for Wisconsin).



wiha

Wisconsin Institute
for Healthy Aging

For more information, contact:
Wisconsin Institute for Healthy Aging
1414 MacArthur Road, Suite B
Madison, WI 53714
Phone: 608-243-5690
info@wihealthyaging.org

Check out our other healthy living programs by visiting us online at:
www.wihealthyaging.org

2021 Senior Flu Clinics

Receiving the influenza (flu) shot this flu season is particular important, as COVID-19 cases continue to circulate.

The Clark County Health Department (CCHD)
will be facilitating three off-site flu clinics to
serve folks age 50+.

Appointments Encouraged - Walk-Ins Welcome
For an Appointment - Call 715-743-5292

9/20

American Legion Post 73
6 Boon Blvd, Neillsville, WI 54456
8:00am-11:00am

9/27

Colby Lion's Shelter
103 W. Adams St, Colby, WI 54421
8:00am-11:00am

10/4



Thorp Fire Department
101 N. Wilson St, Thorp, WI 54779
8:00am-11:00am

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The CCHD will bill Security Health Plan, Security Administrative Services, Medicaid/BadgerCare+, Medicare, and Advocare insurance plans for adults receiving the flu vaccination.

Private pay for flu vaccine - price TBD 9/2021.



Masks and social distancing are strongly encouraged upon entrance.  
If you are ill, please stay home.

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Clark County Health Department
517 Court St. - Room 105
Neillsville, WI 54456
715-743-5105

EAT WELL, AGE WELL.

Magnesium and Your Health

You need magnesium for many tasks involving muscle movement in your body. "Dr. Bruce Bistrian, chief of clinical nutrition at Beth Israel Deaconess Medical Center and professor of medicine at Harvard Medical School, says magnesium deficiency in otherwise healthy individuals eating a balanced diet is rare. "The kidney has an extraordinary ability to reduce magnesium loss in urine, and thus achieve magnesium balance on a wide variety of intakes," he explains." Some individuals may have an increased risk of low magnesium levels due to digestive disorders in which a magnesium supplement may be prescribed.

Magnesium-rich foods	
1 ounce of dry-roasted almonds	80 milligrams
1½ cup frozen spinach (cooked)	78 milligrams
¾ cup bran flakes	64 milligrams
1 medium baked potato, with skin	48 milligrams
1½ cup canned kidney beans	35 milligrams

<https://www.health.harvard.edu/staying-healthy/what-you-should-know-about-magnesium2>

WEEKLY CHALLENGES

EAT ONE SERVING OF LEAFY GREEN VEGGIES, WHOLE GRAINS, BEANS, NUTS, AND OR FISH EACH DAY.

MAKE SURE YOU ARE GETTING AT LEAST 420 MG OF MAGNESIUM PER DAY.

INCORPORATE ONE MAGNESIUM RICH FOOD TO YOUR DINNER SOMETIME THIS WEEK

DID YOU KNOW?

One cup of dried figs is equal to 101mg of magnesium.



Magnesium Rich Foods

Almonds



Magnesium is important for normal body functions. One ounce of unsalted almonds contain about 80mg of magnesium. That is about 19% of the daily value of magnesium! Almonds are a great snack as well as a great topping to salads.

Challenge

Try having unsalted almonds as a snack or adding to a salad this week!

Spinach



Magnesium plays an important role in muscle contraction. Spinach has many different vitamins and minerals. One mineral spinach has a lot of, especially when boiled, is magnesium. Spinach goes great with a green salad, in smoothies, or even by itself.

Challenge

Try adding spinach to one meal or snack this week!

Cashews



Magnesium plays a role in blood glucose control and blood pressure regulation. Unsalted cashews are a good source of magnesium. Cashews can be eaten alone, added to salads or even pasta dishes.

Challenge

Try adding unsalted cashews to a salad or a pasta dish this week!



Greater Wisconsin
Agency on Aging Resources, Inc.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic
Students by Hope Quilling 9-2021

Source: <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Magnesium and Your Health

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: EAT ONE SERVING OF LEAFY GREEN VEGETABLES, WHOLE GRAINS, BEANS, NUTS AND OR FISH EACH DAY.

WEEK 2: MAKE SURE YOU ARE GETTING AT LEAST 420 MG OF MAGNESIUM PER DAY.

WEEK 3: INCORPORATE ONE MAGNESIUM RICH FOOD INTO YOUR DINNER SOMETIME THIS WEEK.

WEEK 4: TRY MAKING YOUR OWN TRAIL MIX BY MIXING TOGETHER SOME OF YOUR FAVORITE NUTS AND SEEDS.

Complete the Weekly Challenges for overall better health. Take the challenge!

Vegetables of the Cabbage Family

B L R Q S C T K X D L H J M C
 O R E E P P O K R Y W S U R H
 R I U E W H I A D D E S Y A I
 W U N S L O H N R Q T E O D N
 H W T R S C L A R A A R H I E
 U Q A A S E L F R U Q C C S S
 L B D S B U L D I Q T R K H E
 I R I N G A G S X L A E O E C
 W W F U J R G D S H U T B S A
 S A R T E S Q A V P K A L E B
 Z A G E Q F A E A U R W C G B
 Q M N B R O C C O L I O I G A
 G S D R A L L O C C K Q U K G
 U X K O J L F V J E I B M T E
 S N E E R G P I N R U T S G S

ARUGULA

BOK CHOY

BROCCOLI

BRUSSELS SPROUTS

CAULIFLOWER

COLLARDS

CHINESE CABBAGE

KALE

KOHLRABI

MUSTARD GREENS

RADISHES

RUTABAGA

SWISS CHARD

TURNIP GREENS

TURNIPS

WATERCRESS

Important Information

To cancel or reserve a meal you have two options:

1. Call the ADRC office
 - 715-743-5166 / Toll Free, 1-866-743-5144
2. Communicate the change to your Home Delivered Meal driver

Please call 24 hours ahead to cancel or reserve a meal between the hours of 10:30 a.m. and 1 p.m. It is very important to the continuation of the Nutrition Program that the 24 hour rule be followed. If a cancelation is called after 1 p.m., the Nutrition Program still has to pay for the meal and you will be asked to contribute toward the cost of the meal.

- Exceptions are made in emergency situations.

To contribute the share of the cost of the meal you can afford. The suggested contribution for each meal is \$4.00. Please contribute what you can. No one will be denied service because of the inability to contribute.

The ADRC office will send a monthly contribution statement directly to your address on file for your Home Delivered Meals on or around the 25th of each month. Along with your statement, you will receive an enclosed, pre-addressed envelope to send your recommended \$4.00 per meal contrition directly to the office. Our policy has not changed, we will never deny HDM services if someone is unable to pay. Please restrain from giving cash or check to the Home Delivered Meal driver – this new contribution statement allows for safer and better tracking on funds.



"The Aging and Disability Resource Center of Clark County provides a single source for information and assistance for older adults, adults with disabilities, and their caregivers while supporting self-sufficiency, quality of life, and dignity."



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I&A Specialist

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ADRC Newsletter Online:

<http://www.co.clark.wi.us/index.aspx?NID=767>

ADRC Toll Free Line

1-866-743-5144

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715-743-5166

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